A Bakery COOKBOOK

A Cookbook That Offers 50 Recipes with A New Perspective on Baking

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BY: Ivy Hope

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COOKBOOK

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Introduction

A beginner would be able to use the recipes in this cookbook as a foundation for learning and development. You could develop and change each primary method as you advance in skill.

The science of flavor considers the elements: correct temperature, food consistency, contrasting tastes, presence of fats, and color. The beginner can learn these by following the recipes in this cookbook.

You will be able to develop your baking skills using the methods in this cookbook. The recipes have been refined with great care so that you can comfortably follow the instructions. This cookbook presents eight separate sections, including meats, vegetables, fish, beans, grains, cakes, etc. So, it has something for everyone. Each section contains several recipes providing just over forty in total. These recipes show the serving size (as moderate portions), the cooking time, the list of ingredients, and the instructions to follow.

Meat

Piggy Pork Pie

Serving Size: 4

Cooking time: 50 Minutes

Ingredients:

- 6 tsp oil
- 1 large onion, finely chopped
- 3 cloves of garlic, finely chopped
- 1¼ lb cubed pork
- flour for coating pork cubes
- ½ oz fresh sage leaves, chopped
- 4 ttbsp. dry sherry
- 1 tsp Dijon mustard
- 10 oz button mushrooms, finely sliced
- 2 cups good vegetable stock
- 1 roll ready-made puff pastry

Instructions:

1. Slowly heat the oil in a frying-pan, add onion and garlic, fry until soft.

2. Coat pork cubes in the flour, add to the pan and fry until golden brown.

3. Add the all the sage, sherry, 1 cup of vegetable stock, mustard and mushrooms and cook on low heat for 15-20 minutes.

4. If the blend looks like it is drying out the add some of the remaining vegetable stock to help make it moist.

5. Place mixture into a 10-inch pie dish and cover with the rolled-out sheet of pastry. Trim off any excess and crimp edges of pastry.

6. Brush with egg and bake at 356ºF for 15-20 minutes or golden brown.

African Ostrich Pie

Serving Size: 4-6

Cooking time: 1 Hour 20 Minutes

Ingredients:

- 4 tsp olive oil
- 1 onion, finely chopped
- 7 oz diced streaky bacon
- 1 lb seasoned ostrich goulash
- 4 tsp malt or cider vinegar
- 1 bay leaf
- 4 whole cloves
- 1 cup water
- 2 tbsp cornflour
- 2 eggs
- 1 cup milk
- 1 cup sunflower oil
- 1½ cups flour
- 4 tsp baking powder

Instructions:

1. Slowly heat the oil in a large frying-pan, fry onion until brown and bacon until crispy.

2. Add seasoned ostrich goulash to pan and fry until brown.

3. Add malt or cider vinegar, bay leaf, cloves and water.

4. Season before you cover with a lid and lower heat so the meat gently simmers for about 30 minutes or until it falls apart. Add water to keep meat covered.

5. Remove meat and shred with a fork.

6. Mix cornflour with some water to create a paste, then whisk into pan and boil for 2 minutes.

7. Spoon meat and mixture from pan into an oven-safe dish and mix.

8. Cool completely.

9. Whisk together eggs and 1 cup each milk and sunflower oil.

10. Combine flour, baking powder and a pinch of salt.

11. Add milk mixture to flour mixture, to create a thin and runny batter.

12. Spoon batter over filing and bake at 356ºF for 30 minutes or until golden brown.

Stock and Chicken Pies

(You can use good quality chicken stock instead of beer)

Serving Size: 6 pies

Cooking time: 1 Hour 15 Minutes

Ingredients:

- Oil, for frying
- 4 chicken breast fillets, diced
- Salt and milled pepper
- 3 sticks celery, chopped
- 2 leeks, rinsed and sliced
- ½ packet (4 oz) mushrooms, sliced
- 1 tbsp butter
- 2 tbsp flour
- ½ cup beer
- ½ cup cream
- 1 roll (1 Lb) shortcrust pastry, defrosted
- 1 roll (1 Lb) puff pastry, defrosted

- 1 egg, lightly beaten

Instructions:

1. Heat oil in a large pot.
2. Add chicken, season and fry until golden.
3. Add celery, leeks and mushrooms and fry.
4. Add butter to pot to melt.
5. Sprinkle flour over and stir to coat meat and vegetable fry for 2 minutes.
6. Stir in beer and cream and simmer for 7-10 minutes, until slightly thickened.
7. Cool.
8. Get a pie tray with six cups in it. Line each cup with a roll out shortcrust pastry.
9. Divide chicken mixture among dishes and cover with circles of puff pastry.
10. Crimp side using a for and refrigerate for 15 minutes.
11. Brush with egg and bake at 390ºF for 20-25 minutes until pastry is golden.

Beef Pie

Serving Size: 4-6

Cooking time: 1 Hour 20 minutes

Ingredients:

- ⅓ cup oil
- 2 celery stalks, chopped
- 3 carrots, chopped
- 2 cups small onions
- 3 cloves garlic, finely chopped
- 4½ lb beef cubes, dusted with ¼ cup flour
- 1 cup beer
- 2 cups beef stock
- 10 oz sliced button mushrooms
- 1 tbsp tomato puree
- 1 roll (1 Lb) shortcrust pastry, defrosted
- 1 roll (1 Lb) puff pastry, defrosted

Instructions:

1. Heat oil in large deep pot. Add celery, onions and garlic and soften gently.

2. Dust beef cubes with flour, turn up heat and add to pot.

3. Brown only a few cubes at a time to avoid the pot losing heat and the meat stewing before it is browned. Put aside browned cubes.

4. Once all cubes are browned, put all cubes back in pot.

5. Add the beer and stock. Place a lid of the pot and turn the heat down to allow the meat to simmer for an hour, adding extra stock if the mixture starts to dry out.

6. Add mushrooms, tomato puree, ground cloves, salt and pepper and simmer for 20 minutes.

7. Thicken the gravy if necessary, with butter and flour.

8. Place the mix in a pie dish and cover it with the rolled-out pastry, trimming and crimping edges neatly.

9. Brush with egg and bake at 356ºF until golden brown for about 15-20 minutes.

Lamb with Cheese Baked Topping

Serving Size: 4

Cooking time: 2 Hours 15 Minutes

Ingredients:

- 3 tbsp oil
- 4 lb lamb, cubed
- ⅓ cup seasoned flour
- zest and juice of 1 orange
- 2½ cups red wine
- ½ oz fresh rosemary
- salt and freshly ground black pepper
- Topping:
- ⅓ cup butter, diced
- 9 oz self-raising flour
- 3½ oz mature cheddar cheese, coarsely grated
- 2 tbsp mixed fresh herbs, chopped
- 4 spring onions, finely chopped

- salt and freshly ground black pepper
- 2 tbsp plain yoghurt
- ⅓ cup water

Instructions:

1. Toss the lamb cubes in seasoned flour, shaking off any excess.

2. Heat the oil and fry the cubes in batches until the meat is browned. Put the meat in the pan with the orange zest and juice, red wine, rosemary and seasoning and cook for a minute.

3. Place all the meat in a pie dish, cover with tin foil and cook in the oven for 1 hour 30 minutes at 356ºF.

4. Make the topping by rubbing the butter and flour together until mixture resembles breadcrumbs, then stir in the cheese, herbs, onions and seasoning.

5. Mix the yoghurt with the water and gradually add to the flour mixture to make a soft, pliable dough. Knead and roll the dough until large enough to fit the top of the dish.

6. Take off tin foil, cut dough into wedges and arrange on top of the meat.

7. Bake for a further 15-20 minutes at 392ºF.

Ham Quiche

Serving Size: 16 slices

Cooking time: 1 Hour 10 Minutes

Ingredients:

- Ready-made shortcrust pastry to line two 9-inch pie dishes
- 3 cups chopped ham or any smoked meat or sausage of your choice
- ¼ cup breadcrumbs
- 14 oz cheese of your choice or even a mixture
- 1 small onion, finely chopped
- 8 eggs
- 2 cups whipping cream
- 1 ½ tsp salt
- ½ tsp sugar
- pinch cayenne pepper

Instructions:

1. Line pie dishes with pastry.

2. Mix ham, breadcrumbs, cheese and onion together. Spread evenly into the pie dishes.

3. Softly beat the eggs and then add the remaining ingredients and beat again. Pour into the dishes.

4. Bake for 15 minutes at 428°F.

5. Reduce temperature to 356°F and bake a further 30 minutes or until mixture is set. Check it by inserting a knife and pull it out with nothing sticking to it.

6. Let stand for 15 minutes before serving

Bacon and Onion Quiche

Serving Size: 6

Cooking time: 1 Hour

Ingredients:

Pastry:

- 9 oz onions chopped
- 9 oz flour
- ½ cup butter or margarine
- 1 tsp salt
- ½ cup water
- Bechamel sauce:
- 2 oz butter
- 2 oz flour
- 2 cups milk
- 2 egg yolks
- pinch of salt, pepper and nutmeg
- 5½ oz lean smoked bacon, cut into strips

Instructions:

1. Prepare shortcrust pastry with flour, butter, salt and water, making sure not to overwork it.

2. Fry chopped onions in the butter or oil until lightly browned. Set aside.

3. Make a bechamel sauce: melt the butter, add the flour (do not brown) and then the milk (mixing well to prevent lumps forming), season and allow to cook.

4. Remove from the heat and add the egg yolks. Add the onions and adjust the seasoning.

5. Fry bacon strip gently until translucent.

6. Line the flan tin or pastry dish with the shortcrust pastry and fill to half the depth of the dish with the onion mixture. Arrange the bacon strips on top.

7. Bake at 410ºF for 20-25 minutes.

8. Sprinkle on the nutmeg and serve very hot.

Mix Meat Casserole

Serving Size: 8

Cooking time: 3 Hours 30 Minutes

Ingredients:

- 17½ oz haricot beans (small white beans), soaked
- overnight in cold water, then drained
- 17½ oz Toulouse sausages (or garlic sausages)
- 17½ oz boneless lamb, 17½ oz boneless pork, each cut into 2-inch cubes
- 1 large finely chopped onion
- 1 tbsp crushed garlic
- 4 tomatoes, peeled, seeded and chopped
- 1¼ cups chicken stock
- 1 bouquet garni
- 1¼ cups fresh breadcrumbs

- 5 tbsp oil, for frying, 1 litre water, salt and black pepper

Instructions:

1. Simmer the beans in a saucepan in 4 cups of water for 60 minutes, add 1 tsp salt and leave to soak in the water.

2. Prick each sausage and fry them over medium heat for 20 minutes or until they are browned.

3. Season the lamb and the pork with the salt and pepper and in the same pan, fry the lamb with the pork in batches until browned, adding a little extra oil as needed, and set aside.

4. Add the onion and garlic to the pan and cook until soft. Stir in the tomatoes and cook for 3 minutes more.

5. Drain the beans, reserving the liquid and place a quarter of the beans in a large pan and cover with a third of the sausages, meat and the tomato and onion mixture.

6. Continue layering in this manner ending with a layer of beans. Add the bouquet garni and pour over the stock to just cover.

7. Cover the casserole and bake in the oven at 356ºF for 2 hours.

8. Check and if a little dry, add a little of the reserved bean liquid as needed. Sprinkle over the breadcrumbs, pressing them down to moisten them.

9. Carry on cooking uncovered for 20 minutes until the breadcrumbs are nicely browned.

Onion and Sausage Pie

Serving Size: 4

Cooking time: 40 Minutes

Ingredients:

- 1 red onion, finely chopped
- 1 tsp brown sugar
- 1 roll readymade puff pastry
- 1 chorizo sausage
- 1 egg, beaten
- salt and pepper

Instructions:

1. In a small pot fry onion and sugar gently with a little olive oil until soft and just starting to caramelise.

2. Unroll the pastry sheet and place onto a baking sheet. Make an incision with a knife all around the pastry rectangle, about a ½ inch in from the edges, but do not cut all the way through.

3. Spread the onion mixture onto the pastry, taking care to keep it inside the lines.

4. Slice the sausage thinly and arrange on top of the onion mixture.

5. Brush the edges of the pastry with the egg and bake at 356ºF until golden brown, approximately 15-20 minutes.

(The filling is versatile, and you can add anything else you choose, such as olives or peppers)

Sausage Casserole

Serving Size: 4

Cooking time: 50 Minutes

Ingredients:

- 1 tbsp oil
- 1 onion, peeled and sliced
- 2 cloves garlic, crushed
- 17½ oz pork sausages
- 1 yellow and 1 green pepper, seeded and sliced
- 1 can (8 oz) whole peeled tomatoes
- 1 tbsp tomato puree
- 1 tbsp cider
- 2 tbsp cornflour
- 4½ oz mushrooms, sliced
- 2 tbsp chopped fresh sage
- salt and pepper

Instructions:

1. Heat the oil in a large deep baking pan. Add onions and garlic and cook gently until tender. Remove from the pan and set aside.

2. Add the sausage to the baking pan and cook until evenly golden brown all over, about 10 minutes.

3. Remove the sausages from the baking pan and add the peppers, cook for about 3 minutes. Return the sausages and onion to the pan.

4. Stir in the tomatoes with their juice, tomato puree and cider.

5. Bake it at 375ºF for 30 minutes while covered.

6. Mix the cornflour with a little water to make a paste and stir into the casserole together with the mushrooms, sage and seasoning about 10 minutes before the end of the cooking time.

Vegetable

Poached Cabbage Mix

Serving Size: 4

Cooking time: 40 Minutes

Ingredients:

- 2 tbsp olive oil
- 2 tbsp butter
- 1 onion, finely chopped
- 1 celery stick with leaves, chopped
- 3 cloves garlic, crushed
- ¼ green cabbage, shredded
- 1 can (14 oz) chopped tomatoes
- 12 slices toast, bread of your choice

- 1 cup white cheddar cheese
- 4 cups chicken stock

Instructions:

1. Melt olive oil and butter.

2. Fry onion, for two minutes or until soft.

3. Add celery, garlic, green cabbage and tomatoes, and cook for a few minutes until cabbage as wilted.

4. Toast 12 slices bread and layer 4 slices at the bottom of an ovenproof dish.

5. Pour over half the cabbage mixture and sprinkle over ½ cup grated white cheddar cheese.

6. Repeat layers with remaining filling and bread, then pour over chicken stock.

7. Sprinkle over another ½ cup grated white cheddar cheese.

8. Bake at 356°F for 30 minutes until top is golden brown.

Butternut and Cream Cheese

Serving Size: 6-8

Cooking time: 55 Minutes

Ingredients:

- Baked butternut:
- 14 oz butternut cubed
- 2¼ cups sifted self-raising flour
- pinch salt
- 1 tsp cinnamon
- ½ tsp nutmeg, ½ tsp ground cloves, ½ tsp ground ginger
- 1 cup butter, 1 cup castor sugar
- 3 eggs
- ¾ cup buttermilk
- Cream cheese frosting:

- 1 tub (7.9 oz) cream cheese
- ½ cup sifted icing sugar

lemon juice to taste

Instructions:

1. Steam butternut cubes until soft, mash until smooth and cool.

2. Mix sifted self-raising flour, a pinch salt, cinnamon, nutmeg, ground cloves and ground ginger together.

3. Whisk butter and castor sugar together until fluffy, then beat in eggs, one at a time.

4. Mix prepared butternut mash (about 1½ cups) with buttermilk and fold through egg mixture.

5. Fold through spicy flour mixture and spoon into a 10-inch square tray.

6. Bake at 356ºF for 30-35 minutes, until a skewer comes out clean.

7. Cool completely.

8. Whisk cream cheese and sifted icing sugar together. Add lemon juice.

9. Spread cream cheese frosting over and scatter with chopped toasted hazelnuts.

Tomato Pie

Serving Size: 4

Cooking time: 40 Minutes

Ingredients:

- 1 roll pastry, thawed
- ½ oz margarine
- 1 tbsp oil
- 2 red onions, sliced
- 1 tsp brown sugar
- 1 tsp dried mixed Italian herbs
- 2 large tomatoes, sliced thinly into ⅟10th inch rounds
- salt and pepper
- 2¾ oz cheese, grated
- Few sprigs fresh thyme

Instructions:

1. Lay the pastry sheet on top of a greased baking tray. (This is important as the pastry is very difficult to move once assembled)

2. Slowly heat the margarine and oil in a frying-pan and add the sliced onions. Slowly cook and then add the sugar and cook for another few minutes until the onions are very soft and caramelised.

3. Add the dried herbs after seasoning with some salt and pepper. Set aside and cool for a few minutes.

4. In the same pan sweat sliced tomatoes by cooking over a very low heat but take care not to overcook them.

5. Spread the cooked onion over the pastry sheet to within ¾ inch of the edges.

6. Scatter the cheese on top, then place the tomatoes on top and scatter over the thyme sprigs,

7. Transfer to the oven and bake at 430ºF for 12-15 minutes until puffed up and golden brown.

Brinjal Bake

Serving Size: 4

Cooking time: 1 Hour 40 Minutes

Ingredients:

- 4 medium brinjals, washed and halved
- 2 tbsp butter
- 1 tbsp all-purpose flour
- 1 cup milk
- 5½ oz strong mature cheese like cheddar, grated
- 1½ cups soft fresh breadcrumbs
- 2 small shallots, finely chopped
- 1 tbsp tomato paste
- 2 eggs separated
- salt and pepper to taste

Instructions:

1. Remove the soft centre from the brinjal halves, leaving a shell with a 7/8-inch rim of flesh behind. Place the scooped out brinjal flesh in a saucepan and cook gently in just enough salted water to cover, until tender. Mash and drain in a sieve.

2. Heat a saucepan and melt the butter - then slowly blend in the flour - add milk gradually and cook until no longer floury and the mixture has thickened.

3. Mix milk mixture, mashed brinjals, cheese, breadcrumbs, chopped shallots, tomato paste, egg yolks and seasoning together.

4. The egg whites will need to become stiff and fold into the mixture as they are whisked gently. Fill the bringal skins with the mixture and bake at 356°F for 60 minutes.

Crumbed Cheese Marrow

Serving Size: 4

Cooking time: 1 Hour 15 Minutes

Ingredients:

- 1 onion, finely chopped
- 4 tbsp olive oil
- 3 peppers, red, green and yellow, sliced into strips
- 1 aubergine, cut into strips
- 12 zucchini (baby marrows), sliced into rounds
- 4 tomatoes, sliced into rounds
- parmesan cheese
- breadcrumbs
- salt and pepper

Instructions:

1. Sauté the onion in the olive oil until golden brown. Remove from the pan and then sauté the sliced peppers and aubergine until soft.

2. Mix all three ingredients and place in a baking dish.

3. Layer the zucchini and tomato slices on top of the onion, aubergine and pepper mixture and drizzle with olive oil.

4. Combine breadcrumbs and parmesan and sprinkle over the top.

5. Bake at 356ºC for 45 minutes.

Beetroot and Potato Frittata

Serving Size: 4

Cooking time: 1 Hour 15 Minutes

Ingredients:

- 1 large onion, finely chopped
- oil for frying
- 3 tsp brown sugar
- 3 tsp balsamic vinegar

- 20 oz baby potatoes, cooked and thinly sliced
- 2 tbsp fresh dill, chopped
- 2½ oz parmesan, grated
- 9 oz baby beetroot, cooked and thinly sliced
- salt and freshly ground black pepper
- 4 eggs, beaten
- 2 tbsp horseradish
- ½ cup crème fraiche or sour cream

Instructions:

1. Brown the onion in some oil and then add the sugar and vinegar to caramelise.

2. Cut each potato into half and place in a greased baking dish and season. Sprinkle with the dill and parmesan.

3. Layer the beetroot and onion on top, and season well. Add the remaining potatoes, dill and parmesan.

4. Mix together the eggs, horseradish and crème fraiche or sour cream. Pour the egg mixture over the vegetables.

5. Bake at 390ºF for 20-25 minutes, until golden on top.

Asparagus Quiche

Serving Size: 16 slices

Cooking time: 1 Hour 10 Minutes

Ingredients:

- Readymade shortcrust pastry to line two pie dishes
- 1 tin cut asparagus, drained
- ¼ cups breadcrumbs
- 14 oz cheese of your choice or even a mixture
- 1 small onion, finely chopped
- 1 can sweet corn kernels
- 6 small peppadews, sliced (optional)
- 8 eggs
- 2 cups milk
- salt to taste

Instructions:

1. Line pie dishes with pastry.

2. Mix asparagus, peppadews, kernels, breadcrumbs, cheese and onion together. Spread evenly into the pie dishes.

3. Whisk the eggs and then add the remaining ingredients and beat again. Pour into the dishes.

4. Bake for 15 minutes at 430ºF.

5. Reduce temperature to 356ºF and bake a further 30 minutes or until mixture is set.

6. Let stand for 15 minutes before serving.

Crusted Creamy Tomato and Potato

(You can use a selection of thinly sliced root vegetable to make this dish. You can cut fat by replacing half the cream with milk mixed with a little cornflour. You can replace anchovies and capers with thinly sliced back bacon)

Serving Size: 4-6

Cooking time: 1 Hour 30 minutes

Ingredients:

- 3 cloves garlic, crushed
- 6-10 anchovies, chopped
- 3 tbsp caper
- 2 tbsp thyme, chopped
- 1 can (14 oz) chopped tomatoes
- 2 tsp sugar
- 2 tsp vegetable or chicken stock powder
- 2 lb potatoes, peeled and thinly sliced
- ½ cup parmesan cheese, grated
- 1 tub (8 oz) cream

- 1 onion, thinly sliced

Instructions:

1. Place all ingredients, except potatoes and onions, in a large bowl and mix well.

2. Add potatoes and onion and toss well to mix.

3. Spoon mixture into a large ovenproof dish and cover with tin foil.

4. Bake at 356°F for 40-50 minutes or until potatoes are tender.

5. Remove the cover and place in the oven for a further 20 minutes or until golden.

Fish

Bass Bake

Serving Size: 4

Cooking time: 30 Minutes

Ingredients:

- ½ lb fresh bass, in 4 equal portions
- salt and pepper to taste
- 3½ oz butter, melted
- ½ cup white wine
- ½ oz peppercorns
- 2 cups heavy whipping cream
- 1¾ oz Dijon mustard

Instructions:

1. Clean, skin and debone the bass. Place the portion of fish in a baking pan and season with salt and pepper.

2. Add the melted butter and half the wine.

3. Cover with tin foil and bake at 356°F until cooked through, about 15-20 minutes.

4. Place peppercorns, the rest of the wine, the heavy whipping cream and Dijon mustard into a saucepan and simmer, stirring until the sauce has thickened.

5. Spoon sauce over the bass and serve.

Baked Trout with Rice Stuffing

Serving Size: 4

Cooking time: 1 Hour 10 Minutes

Ingredients:

- 4 trout
- 1 tbsp lemon juice, salt and pepper to taste
- rub inside the trout with lemon juice and salt and pepper
- For the stuffing:
- 1 onion, finely chopped
- 1 clove garlic, crushed
- ¼ cup butter
- 1 tbsp vegetable oil
- ½ cup rice; ½ cup boiling water
- 1 tbsp almonds; 1 Tbsp sultanas
- To bake:
- butter; lemon juice; salt and pepper
- ½ cup white wine

Instructions:

1. Fry the onion and the garlic in the butter and oil. When golden brown, add the rice and cook until shiny and golden, taking care not to burn the rice. Add salt and pepper and add a half cup of boiling water. Cover and cook gently until the water is absorbed and the rice is almost cooked through.

2. Chop the almonds and toss lightly in butter with the sultanas. Stir the sultanas and the nuts into the rice stuffing.

3. Lay the trout in a well buttered baking dish, score sides, and rub well with butter, lemon juice and salt and pepper. Pour in some white wine.

4. Cover with tin foil and bake at 320ºF for 20 minutes.

5. Remove the foil and bake for a further 5 minutes.

Nordic Fish Pie

Serving Size: 4

Cooking time: 40 Minutes

Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk, warmed
- 1¾ Lb cubed fish
- 1 cup frozen pea
- zest of 1 lemon
- 1 tbsp dill, chopped
- 2-3 potatoes

Instructions:

1. Pan-fry onion and garlic in butter until soft. Sprinkle over flour and fry for another 2 minutes.

2. Stir in milk. Add cubed fish and cook until firm.

3. Add frozen peas and lemon zest. Sprinkle over dill.

4. Spoon into an ovenproof dish.

5. Grate potatoes and squeeze excess fluid from potato. Season and sprinkle over pie.

6. Brush with melted butter and bake at 356°F for about 10-20 minutes, until potato is crisp and pie is heated through.

Bacon and Hake Wraps

Serving Size: 4

Cooking time: 30 Minutes

Ingredients:

4 (5 oz) hake portions

salt and pepper

1 packet (9 oz) streaky bacon

1 box cherry tomatoes

1 packet (5 oz) baby spinach

2 cloves garlic, chopped

olive oil

Instructions:

1. Season hake, lay two rashers bacon on a chopping board and top with a hake portion. Fold bacon over fish.

2. Place same side down in an ovenproof dish. Repeat with the remaining bacon and fish.

3. Place cherry tomatoes around fish.

4. Bake at 465°F for 15 minutes, until bacon is crisp and hake is cooked through.

5. Sauté spinach and garlic in a glug of oil and season.

6. Serve fish parcels and veg with rice.

Breads

Pot Herb Rolls

(Spring onions and herbs added to this soda bread recipe. The dough is formed into rolls to make the quickest herb flavored rolls)

Serving Size: 12

Cooking time: 45 Minutes

Ingredients:

- ⅜ cup butter
- 8 spring onions, finely chopped
- 11 oz flour
- ½ tsp bicarbonate of soda
- 4 tsp sugar
- 1 tbsp finely chopped fresh parsley
- 4½ oz self-raising flour
- 1 tbsp finely chopped fresh basil

- ½ cup buttermilk or milk
- 3 tsp baking powder
- 3 eggs, lightly beaten
- 1 egg, beaten with ½ tsp olive oil (to brush over)

Instructions:

1. Melt butter in frying pan and cook spring onions over a medium heat or 2-3 minutes or until onions are soft. Remove from heat and set aside.

2. Sift together flour and self-raising flour, baking powder and bicarbonate of soda into a large mixing bowl. Stir in sugar, parsley and basil.

3. Mix the flour mixture into the milk, eggs and onion mixture and to form a firm dough.

4. Knead until smooth. Divide dough into twelve portions and roll each into a ball, then place on greased and floured baking tray.

5. Brush each roll with an egg and oil mixture and bake at 356°F for 30-35 minutes or until cooked through.

Honey Oat Loaf

(Plain, or spread with a little butter and jam, this loaf tastes delicious. Honey can be substituted by grape syrup or molasses, and rolled oats by rice crispies or corn flakes)

Serving Size: One Loaf

Cooking time: 60 Minutes

Ingredients:

- ½ cup flour
- 1 cup self-raising flour
- 1 tsp salt
- 1 ½ tsp baking powder
- 1 cup rolled oats
- ¼ cup butter, melted

- 2 eggs, lightly beaten
- ¼ cup water
- ½ cup honey, warmed

Instructions:

1. Sift together flour and self-raising flour, salt and baking powder into a large mixing bowl. Stir in rolled oats.

2. Combine butter, eggs, water and honey in a mixing bowl.

3. Mix number 2 into flour mixture until just combined.

4. Pour into a greased and lined 4 x 8-inch loaf-tin and bake at 356ºF for 40-45 minutes.

5. Cool in the loaf-tin for 5 minutes before turning onto a wire rack to cool completely.

Cheese and Bacon Damper

(This bread is delicious when sliced thinly and served, just toasted, with a green salad and pouched eggs)

Serving Size: 6 - 8

Cooking time: 50 Minutes

Ingredients:

- 3 tbsp margarine or butter
- 2½ cups all-purpose flour
- 3 tsp baking powder
- 1 tsp chopped chives
- 2 tsp parsley flakes
- 1 cup grated mature cheddar cheese
- 2 rashers cooked bacon, finely chopped
- 1 egg
- ¾ cup milk

Instructions:

1. Mix margarine into the flour and baking powder until the mixture resembles coarse breadcrumbs.

2. Stir in parsley, chives, cheese and bacon. Mix well.

3. Stir the dry ingredients with egg and milk and mix to a soft dough.

4. Turn dough onto a lightly floured board then knead lightly.

5. Shape into a cake, cut a deep cross in the center of the cake and place on baking paper on an oven tray.

6. Bake for 30 minutes at 390ºF or until hollow-sounding when tapped underneath.

7. Serve hot with a tub of butter on a buffet table, cut into small pieces.

Pot Bread

(you can be adventurous with this simple recipe by adding in a ½ packet of white onion soup powder, a couple of tablespoons of cheese, or fresh herbs)

Serving Size: One Loaf

Cooking time: 40 Minutes

Ingredients:

- 1 lb self-raising flour
- 1½ cups draft-beer
- 1 tsp salt

Instructions:

1. Mix together all the ingredients to form a soft dough.

2. Next, knead dough until soft and elastic, for about 5-10 minutes.

3. Place the dough in a greased ovenproof pot and cover.

4. Bake for 30 minutes at 356°F until it is cooked through and sounds hollow.

South American Cornbread

(Split wedges of this loaf and layer with savory fillings to create attractive sandwiches. This cornbread is also delicious served warm and topped with baked ricotta cheese)

Serving Size: 8

Cooking time: 1 Hour 35 Minutes

Ingredients:

- 2 cups cornmeal
- 2 cups all-purpose flour, sifted
- 2½ tsp baking powder
- ½ cup grated mature cheddar cheese
- ¼ cup grated parmesan cheese
- 12 pitted black olives, sliced
- 12 sun-dried tomatoes, chopped
- 3½ oz canned sweet corn kernels, drained
- 2 green peppers, shopped finely
- 2 eggs, lightly beaten

- 1 cup milk
- ¾ cup yogurt
- ¼ cup vegetable oil

Instructions:

1. Mix cornmeal, all-purpose flour and baking powder in a bowl.

2. Add mature cheddar cheese, parmesan cheese, olives, sun-dried tomatoes, sweet corn and green peppers and mix to combine.

3. Combine eggs, milk, yogurt and oil. Mix egg mixture and dry ingredients.

4. Pour mixture into a greased 8-inch pan and bake at 356ºF for 1 hour or until bread is cooked.

Muffins

Blueberry Muffins

Serving Size: 6

Cooking time: 45 Minutes

Ingredients:

- 2½ cups all-purpose flour
- ½ cup sugar
- 3 tsp baking powder
- 2 eggs, lightly beaten
- 1 cup buttermilk or milk
- ¼ cup butter, melted
- 4½ oz blueberries
- 2 tbsp coffee sugar crystals

Instructions:

1. Sift flour and baking powder, allowing them to mix in a bowl, add sugar and mix to combine.

2. Combine eggs, milk and butter.

3. Add egg mixture and blueberries to dry ingredients and mix until just combined.

4. Next, spoon mixture into six greased 1 cup capacity muffin tins.

5. Sprinkle with coffee sugar crystals and bake at 392°F for 20-30 minutes or until muffins are cooked when tested with a skewer. Lastly, turn onto wire racks to cool.

Apricot Muffins

(Serve this muffin for breakfast or brunch fresh and warm from the oven, split and buttered and perhaps with a drizzle of honey)

Serving Size: 6

Cooking time: 35 Minutes

Ingredients:

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 cup oat bran
- ¼ cup dried apricots, chopped
- ¼ cup sultanas
- 1 egg, lightly beaten
- 1½ cups buttermilk or milk
- ¼ cup golden syrup
- ⅜ cup butter, melted

Instructions:

1. Sift flour and baking powder allowing them to mix in a bowl. Add oat bran, apricots and sultanas, mix to combine and set aside.

2. Combine egg, milk, golden syrup and butter.

3. Mix milk and dry ingredients and mix.

4. Spoon the mixture into 6 greased 1-cup muffin tins.

5. Bake at 356ºF for 15-20 minutes or until muffins are cooked when tested with skewer. Serve hot, warm or cold.

Banana Chock-chip Muffins

(Muffins are ready when a skewer is inserted in the middle, and it comes out clean and dry: remove muffins from tin and cool on a wire rack)

Serving Size: 12

Cooking time: 25 Minutes

Ingredients:

- 1 large ripe banana
- 1 cup milk
- 1 egg
- ¼ cup margarine, melted
- 1½ cups all-purpose flour

- 1½ tsp baking powder
- ½ cup caster sugar
- ¾ cup choc bits

Instructions:

1. In a mixing bowl, mash the banana, add the milk, egg and melted margarine. Mix well.

2. Stir the sifted flour, baking powder, sugar and choc bits into the banana mixture, mix only until the ingredients are combined.

3. Spoon mixture into well-greased muffin tins.

4. Bake at 375ºF for 20 minutes. Serve warm or cold.

Mushroom Muffins

(Don’t worry if not all the flour is incorporated as this gives muffins their characteristic texture. Sixteen strokes are usually enough when mixing)

Serving Size: 12

Cooking time: 55 Minutes

Ingredients:

- 2 cups all-purpose flour
- 1 tbsp baking powder
- 2 oz fresh mushrooms, chopped
- ½ cup cooked brown rice
- ½ cup shredded mature cheddar cheese
- 1 tbsp parsley flakes
- 2 tsp chives, chopped
- ½ cup margarine, melted

- 1 cup milk
- 1 egg, beaten

Instructions:

1. Sift flour and baking powder into a large bowl. Mix in mushrooms, rice, cheese and herbs.

2. Mix the remaining ingredients to the dry ingredients.

3. Spoon mixture into greased muffin tins until ¾ full.

4. Bake at 392°F for 25 minutes.

5. Remove from tin. Cool on a wire rack. Serve hot or cold.

Cakes

Banana Choc-chip Cake

Serving Size: One Loaf

Cooking time: 55 Minutes

Ingredients:

- 1½ cups sugar
- ⅝ cup margarine
- 2 eggs
- 4 mashed bananas
- ½ tsp baking powder
- 2 cups all-purpose flour
- ¼ cup milk
- ¾ tsp bicarbonate of soda
- 2 tbsp cocoa

Instructions:

1. In a mixing bowl mix the margarine and sugar to a cream.

2. Add eggs (1 at a time) and stir.

3. Add mashed bananas.

4. Add flour and baking powder.

5. Stir bicarbonate in milk to make a runny past then add to mixture.

6. Keep aside ⅓ of mixture. Add cocoa and mix.

7. Spoon white cake mixture into 8-inch baking tin.

8. Spoon cocoa cake mixture on top. Then using a fork twist and turn the two mixtures but do not completely mix.

9. Sprinkle the cake with cinnamon and sugar and bake at 356ºF for 45 minutes.

Ginger and Pear Cakes

(To glaze ginger, cook it slowly in a frying pan with butter and sugar)

Serving Size: 6

Cooking time: 1 Hour 15 Minutes

Ingredients:

- ½ cup raw sugar
- ¼ cup vegetable oil
- 1 egg, lightly beaten
- 1 tsp vanilla essence
- 1 cup flour
- 1 tsp bicarbonate of soda
- ½ tsp ground ginger, ½ tsp ground nutmeg
- 2 pears, cored, peeled and finely diced
- 5½ oz glace ginger or stem ginger in syrup, chopped
- Ginger Cream
- 1 cup double cream
- ¼ cup sour cream

- 1 tbsp honey
- 1 tbsp brandy
- ¼ tsp ground ginger
- 1 tbsp finely chopped glace ginger or stem ginger in syrup

Instructions:

1. Place sugar, oil, egg and vanilla essence in a bowl and beat to combine

2. Sift together flour, bicarbonate of soda, ginger and nutmeg.

3. Mix flour mixture into egg mixture, then fold in pears and chopped ginger.

4. Spoon batter into six lightly greased large muffin tins and bake at 356ºF for 20 minutes.

5. Reduce oven to 320ºF and bake for 15-20 minutes longer, or until cakes are cooked when tested with a skewer.

6. To make ginger cream, place cream, sour cream and honey in a bowl and beat until soft peaks form. Add brandy and ground ginger and beat to combine. Fold in chopped ginger.

Apple Cheesecake

(The secret of this cheesecake lies in whipping the egg whites very carefully. Once beaten they must be folded into the ricotta cheese mixture)

Serving Size: 8

Cooking time: 2 Hours 15 Minutes

Ingredients:

- 7 oz prepared shortcrust pastry
- ⅛ cup butter
- 2 apples, cored, peeled and sliced
- Ricotta filling
- 1.65 lb ricotta cheese
- 4 eggs, separated
- ½ cup honey
- 1 tbsp finely grated orange rind
- 3 tbsp orange juice

Instructions:

1. Roll out pastry to 1⅕ inch thick and use to line a deep 9-inch flan tin with a removable base. Prick base and sides of pastry with a fork, line with non-stick baking paper and fill with uncooked rice.

2. Bake at 375ºF for a quick 10 minutes, remove rice and paper and bake for 5-8 minutes longer or until lightly browned.

3. Melt butter in a frying pan, add apple slices and cook over a medium heat, stirring occasionally, until golden. Set aside to cool.

4. Arrange applies evenly over base of pastry case.

5. To make filling, place all filling ingredients in a food processor and process until smooth.

6. Separate the eggs and beat the whites in a separate bowl until stiff peaks form. Fold egg white mixture into ricotta mixture. Carefully pour filling over apples.

7. Reduce oven temperature to 356ºF and bake for 1¼ hours or until firm. Set aside to cool, then refrigerate overnight.

Thai Apple Cake

(A nice aroma for this recipe is obtained with a mixture of cardamom, ground cinnamon, and an all-spice blend)

Serving Size: 12

Cooking time: 45 Minutes

Ingredients:

- 3 tbsp oil
- ¾ cup caster sugar
- 2 eggs, lightly beaten
- 1 tsp vanilla essence
- 1 cup self-raising flour, sifted
- 1½ tsp ground mixed spice
- 1 lb canned unsweetened sliced apples, drained
- 1 tsp grated lemon rind

- ½ cup sultanas

Instructions:

1. Combine oil and sugar in a bowl. Whisk in eggs and vanilla essence.

2. Combine flour and spice in one bowl and apples, lemon rind and sultanas in another.

3. Fold flour mixture and apple mixture alternately into beaten egg mixture.

4. Spoon mixture into a greased and lined 8-inch pan and bake at 356ºF for 30-45 minutes or until cooked. Leave for 5 minutes and turn out on a wire rack to cool.

Fruit Cake

Serving Size: one loaf

Cooking time: 2 Hours

Ingredients:

- 3 cups mixed fruit
- ½ cup nuts
- ½ cup cherries
- ½ cup margarine
- 1 tsp bicarbonate of soda
- 1 cup sugar
- 1½ cups cold water
- 2 cups flour
- 2 tsp baking powder
- 1 large egg

Instructions:

1. Gently boil mixed fruit, nuts, cherries, margarine, bicarbonate of soda, sugar and water for about 25 minutes.

2. Cool then mix in flour baking powder and egg.

3. Spoon into greased baking tin.

4. Bake at 356ºF for 60-90 minutes. (This depends on the length of the baking tin. Long thin for 60 minutes and short fat for 90 minutes)

Biscuits

Cookie Balls

(It’s easier to shape the dough into balls if it’s chilled for 30 minutes. For a subtle toasty nut flavour, roll the balls in sesame seeds before making the thumbprint and filling)

Serving Size: 30

Cooking time: 37 Minutes

Ingredients:

- ½ cup icing sugar, sifted
- ⅞ cup butter, softened
- 1 tsp vanilla essence
- 1 tsp baking powder
- 1½ cups all-purpose flour
- ½ cups custard powder
- ¼ cup milk
- jam or lemon curd or chopped chocolate

Instructions:

1. Place icing sugar, butter, and vanilla essence in a bowl and beat until light and fluffy.

2. Sif together flour, baking powder and custard powder.

3. Fold flour mixture and milk, alternately, into butter mixture.

4. Roll balls of the mix using a tablespoon and place on greased baking trays. Make a hole in the center of each cookie.

5. Drop a teaspoon of jam, lemon curd or chocolate into each hole.

6. Bake at 375ºF for 12 minutes or until cookies are golden. Transfer to wire racks to cool.

Cinnamon Rounds

(Fat makes a baked product tender and helps to improve its keeping quality. In most baked goods, top quality margarine and butter are interchangeable)

Serving Size: 25

Cooking time: 33 Minutes

Ingredients:

- ½ cup margarine
- 1 cup caster sugar
- 1 egg
- 1½ cups flour
- ½ tsp bicarbonate of soda
- 2 tsp cinnamon
- ½ tsp baking powder

Instructions:

1. Place butter and ¾ cup sugar in a bowl and beat until light and fluffy. Add egg and beat well.

2. Sift and mix the flour, the baking powder and the bicarbonate of soda into a bowl. Then stir in the butter mixture. Briefly knead the dough. Refrigerate for 30 minutes or until firm.

3. Place cinnamon and remaining sugar in a small bowl and mix to combine. Roll dough into small balls, then roll balls in sugar mixture.

4. Place balls slightly apart on a lightly greased baking trays and bake at 356°F for 8 minutes or until golden. Remove to the wire racks to cool.

Choc-Chip Cookies

(Watch the baking time carefully, as cookies cook quickly and can get burnt)

Serving Size: 36

Cooking time: 30 Minutes

Ingredients:

- ½ cup caster sugar
- ½ cup brown sugar
- ¾ cup margarine
- ½ tsp vanilla essence
- 1 egg
- 1¾ cups plain flour
- 1½ tsp baking powder
- ½ cup each choc bits, milk bits and white bits

Instructions:

1. Cream together sugars, margarine and vanilla essence. Add the egg and beat in well.

2. Sift and mix flour and baking powder then add to the creamed mixture. Stir in choc bits, milk bits and white bits.

3. Spoon mixture onto lightly greased oven trays.

4. Bake at 356ºF for 15 minutes. Leave for 5 minutes then move to wire rack to cool. Store in airtight container.

Chili Biscuits

(These biscuits are perfect for serving as appetizers with drinks on the rocks. They can be stored for quite some time in airtight containers)

Serving Size: 16

Cooking time: 48 Minutes

Ingredients:

- 2 rashers bacon, finely chopped
- 1 cup flour
- 3 tsp baking powder
- ½ tsp salt

- ⅜ cup butter
- ⅜ cup grated mature cheddar cheese
- 2 small fresh red chilies, seeded and finely chopped
- ¾ cup milk
- ⅛ cup butter, melted

Instructions:

1. Fry bacon over a medium high heat for 3-4 minutes or until crisp. Remove from pan and drain on absorbent kitchen paper.

2. Sieve the flour, baking powder and salt allowing them to mix into a bowl. Then, rub in butter with fingertips until the mixture resembles coarse breadcrumbs.

3. Stir bacon, cheese and chilies into flour mixture. Add milk. Form a soft dough and knead lightly.

4. Using heel of hand, gently press dough out to ⅖ inches thick. Cut out rounds using a 2-inch pastry cutter. Place on a greased baking tray and brush with melted butter.

5. Bake at 428ºF for 12-15 minutes or until golden brown. Remove from tray and cool on a wire rack or serve warm spread with butter.

Gingerbread Man

(These charming cookie people are delightful for children. Tied with ribbons and hung on windows or Christmas trees, they are great decorations)

Serving Size: Approximately 20 Shapes

Cooking time: 50 Minutes

Ingredients:

- ½ cup margarine
- ⅓ cup brown sugar
- 1 egg yolk
- 1½ cups plain flour
- 1 tsp bicarbonate of soda
- 3 tsp ground ginger
- 2½ tbsp golden syrup

Instructions:

1. Cream together the margarine and brown sugar, and beat in the egg yolk, mixing well.

2. Sift in the flour, bicarbonate of soda and ginger and gradually blend into the creamed mixture, along with the golden syrup.

3. Knead lightly to make a soft dough.

4. Divide the dough into small portions. Roll dough portions to a thickness of ⅕ inch between two sheets of greaseproof paper. Remove from paper and cut into shapes using cutters.

5. Place on lightly greased oven trays. Bake at 356ºF for 10 minutes. Cool on trays. Decorate with icing, if desired.

Almond Butter Biscuit

Serving Size: 26 Cookies

Cooking time: 30 Minutes

Ingredients:

- 1 cup almond butter (no salt or oil added)
- ¾ cup sugar
- 1 egg
- ¼ tsp bicarbonate of soda
- ¼ tsp fine sea salt

Instructions:

1. Combine the almond butter, sugar, egg, bicarbonate of soda and salt. Stir well into a batter.

2. Spoon the dough into a baking tray, keeping the cookies about ⅘ inch apart. Using a fork, flatten each mound of dough, and sprinkle the tops with coarse sea salt, if desired.

3. Bake the cookies at 356ºF until lightly golden, about 12-13 minutes. Bake for a further 15-20 minutes to make them crispier, don't allow them to cook too dark or burn.

4. Allow cookies to cool. They are fragile when warm, but firm up as they cool.

Crunchies/Crumble

Crunchies

Serving Size: 20-25 squares

Cooking time: 35 minutes

Ingredients:

- 1 cup flour
- 1 cup sugar
- 1 cup oats
- 1 cup coconut
- ⅔ cup margarine
- 2 tbsp syrup

Instructions:

1. Mix together the flour, sugar, oats and coconut in a large bowl.
2. Melt margarine and syrup.
3. Add to dry ingredients and mix.

4. Line a 12x18 inch oven pan with baking paper making sure you leave a generous edge all the way around. You will use this late to help you remove the crunchies from the pan.

5. Spoon and press the mixture into the prepped baking pan.

6. Bake at 356ºF for 20-25 minutes.

7. Slice while warm and then cool before storing in airtight containers for up to 2 weeks.

Conventional Apple Crumble

Serving Size: 4-6

Cooking time: 35 Minutes

Ingredients:

- Crumble:
- 1 cup flour
- ¼ cup butter
- ¼ cup sugar
- Filling:
- ⅓ cup butter
- ½ cup brown sugar
- 6 apples, peeled, cored and quartered
- 2 tsp vanilla essence

Instructions:

1. Grease an 8x8-inch ovenproof dish or 4-6 smaller ones.

2. Rub crumble ingredients together to resemble rough breadcrumbs.

3. Heat butter and sugar in a pan and stir until all sugar has dissolved. Boil for 3-4 minutes. Add apples and vanilla and toss to coat.

4. Spoon into baking dish, sprinkle over crumble mixture.

5. Bake at 356ºF for about 25 minutes or until golden.

6. Serve with custard, ice cream or cream.

Conclusion

We intended the book design to provide easy access to basic recipes in a few categories. Hopefully, there was evidence of that functionality, and you discovered several options.

There was something else taking place as you tried the recipes. You were encountering different cultures of the world, and you were developing a sense of how to explore and develop the recipe from its fundamental base provided in the book.

It was a fun journey to encounter cultural diversity and something new and interesting. Everyone has something to offer, and we wanted you to encounter that in what different countries and people can teach one another.

Once you have worked through this cookbook, you would have realized that baking can involve more than what we thought it would. At the beginning of the book, we mentioned how the cookbook provides a range of categories using the technique of bakery. If you would like to satisfy your appetite for further learning, you might consider the other cookbooks from this publisher.

About the Author

Ivy’s mission is to share her recipes with the world. Even though she is not a professional cook she has always had that flair toward cooking. Her hands create magic. She can make even the simplest recipe tastes superb. Everyone who has tried her food has astounding their compliments was what made her think about writing recipes.

She wanted everyone to have a taste of her creations aside from close family and friends. So, deciding to write recipes was her winning decision. She isn’t interested in popularity, but how many people have her recipes reached and touched people. Each recipe in her cookbooks is special and has a special meaning in her life. This means that each recipe is created with attention and love. Every ingredient carefully picked, every combination tried and tested.

Her mission started on her birthday about 9 years ago, when her guests couldn’t stop prizing the food on the table. The next thing she did was organizing an event where chefs from restaurants were tasting her recipes. This event gave her the courage to start spreading her recipes.

She has written many cookbooks and she is still working on more. There is no end in the art of cooking; all you need is inspiration, love, and dedication.

Author's Afterthoughts

I am thankful for downloading this book and taking the time to read it. I know that you have learned a lot and you had a great time reading it. Writing books is the best way to share the skills I have with your and the best tips too.

I know that there are many books and choosing my book is amazing. I am thankful that you stopped and took time to decide. You made a great decision and I am sure that you enjoyed it.

I will be even happier if you provide honest feedback about my book. Feedbacks helped by growing and they still do. They help me to choose better content and new ideas. So, maybe your feedback can trigger an idea for my next book.

Thank you again

Sincerely

Ivy Hope